

A Quarterly Newsletter Of



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www.townofnorthandover.com/recycle
Fall 2007



“Change A Light” campaigns in North Andover and Andover are working!

Our two towns are enjoying a sizable savings in both cash and energy usage thanks to the Change A Light Challenge in which residents are being asked to pledge to replace at least one incandescent light bulb in their homes with a compact fluorescent bulb. Several months ago, Andover challenged North Andover in a contest to see which town could reach 1,000 pledge-signers first. The good news is that we in North Andover are still in the lead with 545 pledge-signers. Andover, however, is not far behind with 405 pledge-signers.



As you’ve probably heard, compact fluorescent bulbs use 60 percent less energy to create the same amount of light when compared to an incandescent bulb.

When you sign the pledge, you are asked how many light bulbs you are pledging to change from incandescent to fluorescent. Based on the pledges so far, we have calculated that, over the life of these bulbs, North Andover households will save a total of \$94,329 on their electric bills, consuming 943,290 kWh less energy. This is a win-win situation for our pocketbooks and our environment. If you’ve already taken the pledge, give yourself a pat on the back for having an “enlightened” view of our world! If you haven’t pledged yet, do so today at www.lwv-andovers.org/.

We’re still hoping to get to 1,000 pledges, so the contest has been extended to October 31, 2007.

A BIG “thank you” to the League of Women Voters of Andover and North Andover for promoting the Change A Light Challenge and educating our resi-

dents through information booths at public gatherings.

Don’t forget—compact fluorescent bulbs contain mercury and must be disposed of properly. The DPW takes them free of charge on the third Saturday of each month from 9 a.m. to noon. Rocky’s Ace Hardware, located on Rt. 114 at Peters Street in North Andover, also accepts used compact fluorescent bulbs for disposal.

Everyday electronics



More than 60 percent of American households have at least one computer and one cell phone. Since there are more than 105 million households in the United States, that is at least 63 million computers and 63 million cell phones. Of course, many families have more than one of each! That’s a lot of computers and cell phones, and those are just two of the common electronics used by Americans. The most common, the color TV, is found in almost every home!

Each year, millions and millions of electronic devices, including old computers, cell phones, and televisions, as well as similar products, such as computer printers, DVD players, iPods, and PDAs, will be discarded. Unfortunately, electronic waste, or e-waste, contains several potential toxins, such as lead and mercury, as well as reusable and recyclable parts. So, these items shouldn’t be mixed with regular trash. But if you’re not supposed to dispose of these items, what should you do with them?

First, sell or donate them. If you are getting rid of newer equipment that still works, someone else can use it. Sell it at a garage sale or to a repair shop or second-hand store. Or, give it away to a school or church, or through the Recycling Committee’s “Too Good to Trash” online free exchange group (see box for details).

Second, reuse the parts. Computer and television repair shops will often accept non-working equipment that is less than 10 years old. These shops will take out working, usable parts to repair other systems and equipment.

Third, recycle them! Whether you have a broken computer monitor or an MP3 player that has called it quits, the town’s e-waste recycling program will accept it. E-waste, as well as mercury-containing devices, can be dropped off at the DPW on the third Saturday of each month from 9 a.m. to noon. There is a fee for electronics with cathode ray tubes (CRTs), such as traditional TVs and computer monitors. CRTs, which have the thick glass front and the big backs to accommodate their “picture tubes,” are heavy, containing as much as 4-7 pounds of leaded glass. Other small electronic devices with display screens, such as laptops, PDAs, and Gameboys, are accepted at no charge. These items are collected because the fluorescent lamp used to backlight the screen contains mercury.

Board of Selectmen Support MassRecycles Paper! Campaign

Each year in Massachusetts, we throw away 1.5 million tons of paper, which costs us more than \$100 million in disposal fees. We might as well be shredding money! For a more local look at the numbers, North Andover throws away approximately 1,480 tons of recyclable paper each year. That equates to \$102,860 wasted at the incinerator, and another \$29,600 in lost revenue, since we get paid for the paper we recycle.



To raise awareness about this waste and to help communities understand the environmental and financial impact of not recycling, MassRecycle and MassDEP have rolled out the MassRecycles Paper! Campaign statewide. On August 20, our Board of Selectmen voted unanimously to

pass a resolution in support of the campaign. “It is really common sense. Increased recycling efforts are one of the best ways of achieving municipal cost savings without cutting services or raising taxes,” said Selectman Mark Caggiano. “By recycling, people have a straightforward way to help out the town from their own homes.”

U.S. Post Offices across the state are involved, providing convenient recycling locations and displaying posters showing all the types of paper that are recyclable. Check out the poster next time you’re there.

Please recycle your paper in your red curbside bin!

For more information or to take the recycling quiz, visit www.massrecyclespaper.org/.

Too Good to Trash?

Are you familiar with Freecycle™? Well, this is our local version of the popular online giving network. It’s a great way to find a second home for the stuff you just don’t need anymore.

Do you have something that is too good to trash? Think someone must be able to use it? Try posting your item to the NASWAC group. There are currently over 700 members who will see your posting. For more information and to join the group, visit: <http://groups.yahoo.com/group/NASWAC/>.

Check it out! Here are some of the most recent items to have found a new home:

1. Presentation easel
2. Skateboard kicker ramp
3. Electric snow broom
4. Fertilizer spreader
5. 10-volume 1937 Oxford Universal Dictionary
6. Child’s pottery wheel
7. All-in-one printer
8. Pet carrier
9. Holistic dog books
10. Commercial carpet tiles

The only rules: All items must be free, legal, and appropriate for all ages.

Did you know?

Starting on May 1, 2008, it will be illegal to throw any mercury-containing product in the trash. Please be sure to deliver any mercury-containing devices, such as compact fluorescent bulbs, fluorescent tubes, glass fever thermometers, older thermostats, and flat-panel displays from TVs and computer monitors, to the DPW on the third Saturday of the month from 9 a.m. to noon. There is no charge to drop off mercury-containing devices.

Recycling Calendar

Remember—all of the back issues of “One Person’s Trash...” are posted on the recycling page of the town’s website. If you’ve misplaced your Summer 2007 edition, which featured the annual recycling calendar, visit www.townofnorthandover.com/recycle and click on “One Person’s Trash...” Quarterly Newsletter to print a copy for yourself!



10 Tips for **GREENER** gift-giving

As the holiday season approaches, you may feel that you've entered the realm of science-fiction. News reports will talk about "Black Friday" and "Cyber Monday," and you may begin to wonder if aliens are due on the planet. Never fear, these news reports are talking about shopping, not space invasions!

Black Friday, so dubbed because it helps put retailers "in the black" for the year, is the day after Thanksgiving. Often referred to as the busiest shopping day of the year, the Friday after Thanksgiving finds shoppers at stores before sunrise on a spending spree. Black Friday is no longer a one-day affair, with many of the special deals continuing on Saturday and Sunday to create "Black Friday Weekend." According to the National Retail Federation, 140 million shoppers hit the stores for Black Friday weekend 2006, doling out an average of \$360.15 each.

Cyber Monday comes the day after Black Friday weekend as kids head back to school and adults head back to work. As adults log onto the Internet Monday morning, the carts at online retailers begin to fill up. Last year, 60.7 million Americans planned to shop online on Cyber Monday, a day which features sales and specials, as well as offers for free or reduced shipping. Cyber Monday isn't the biggest Internet shopping day of the holiday season, but it garners the most attention.

The reason for all the attention? Last year, Americans spent \$457.4 billion (yes, billion!) on the winter holidays. This total included gifts, cards and stationery, wrapping paper and ribbon, food and beverages, party supplies, indoor and outdoor decorations, and more. Of this total, about \$1,200 per household was spent on holiday gifts.

In the weeks leading up to this frenzied shopping season, take some time to reflect on the holiday season you'd really like to have. Remember last year when you spent January and February paying off credit cards? How about the lines at Customer Service returning what you

didn't want? Or what about the two weeks when all of the opened presents sat in the dining room because you had nowhere to put them? Remember trying to figure out what to do with your old stuff that was still usable but now replaced with something almost exactly the same, just newer?

The holiday season leaves behind a lot of waste—usable items that have been replaced, packaging materials, wrapping paper and cards, and unwanted items. Your holidays can be thoughtful without being wasteful. Before you start shopping for gifts, consider our tips for a greener and, we hope, happier holiday season:

1. Write down all the names of people for whom you normally buy gifts. Is there someone on the list that you'd like to see more often? Instead of giving a gift, make arrangements to get together. Could someone on your list use company throughout the year? Avoid buying a gift and, instead, promise a monthly visit. Do you have adult family members on the list? Suggest a dinner together in lieu of gifts, donate to a charity that you select as a group, have a "white elephant" gift exchange, or draw names and buy for just one person.
2. Make a list of everyone to whom you plan to give a gift—and check it twice.
3. Decide how much you plan to spend, both total and per person. Remember the little extras that can add up, such as stocking stuffers. As you begin to shop, keep track of your receipts. Periodically evaluate how much you're spending compared to the budget that you made.
4. Consider gifts of yourself and your time. These gifts improve your relationships, cost nothing, and create no waste. You might offer to drive an older relative on errands once a month. Or, maybe you could wash your Mom or Dad's car monthly. The possibilities are endless—lawn mowing, babysitting, watching movies together. Offer yourself, your presence, and your help.
5. Shop for unique reused gifts. Vintage clothing, funky antiques, or used books or CDs are a great place

Did you know?

During 2006, the typical gift giver spent \$2,643 on gifts and \$78 on cards, wrapping paper, and accessories. These included gifts for holidays, birthdays, and anniversaries, as well as thank-you gifts to hosts, house-warming presents, friendship tokens, travel souvenirs given to others, and more. Gift shopping constitutes about 10 percent of all consumer retail purchases.

Source: "The Gifting Report 2007," Unity Marketing



to start. Be sure you know the person's size or taste, since secondhand stores and antique shops may not accept returns.

6. Pick up consumables. Food, fruit, and candy are popular gifts and much-appreciated by the recipient. Coffees and teas also make great gifts.
7. Make gifts. Homemade gifts are a perfect way to honor what someone has taught you. For instance, give a handmade scarf to the aunt who taught you to knit. Glue fishing lures, bobbers, or weights to an old, battered picture frame and include a photo of you and your grandpa fishing together. Refresh a family memory by making your brother or sister the cookies or candy that Mom or Grandma used to make at the holidays.
8. Cheer on the home team by giving tickets to sporting events. Support the arts with museum passes or theater tickets. Give movie gift certificates to the movie buff in your life.
9. As you shop, carry your own reusable bags. Pull out your canvas bags and throw them into your car. Rather than dealing with lots of plastic shopping bags when you get home, you can begin sorting and wrapping.
10. Remember to wrap without waste. Reuse last year's paper (and save this year's for next year). Choose reusable gift bags. Decorate boxes that you use each year for the same person. Use fabric scraps, magazine pages, colorful brochures, or old maps to create unique wrapping "paper."

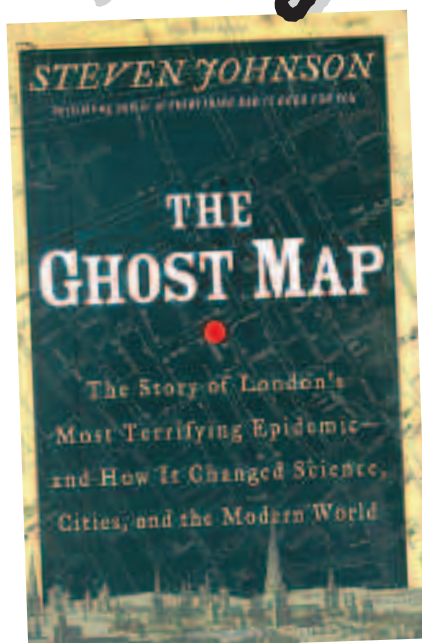


QUOTES REQUOTED

We're reminded a hundred times a day to buy things, but we're not reminded to take care of them, repair them, reuse them or give them away.

Michael F. Jacobson
Center for the Study of
Commercialism

The Ghost Map



Trash collection and wastewater treatment have come a long way—and our cities, suburbs, and countryside are healthier for it. If you're wondering just how far we've come, pick up a copy of Steven Johnson's book, *The Ghost Map: The Story of London's Most Terrifying Epidemic and How It Changed Science, Cities, and the Modern World*. This book chronicles a cholera outbreak in London in 1854 that killed 10 percent of a substantial portion of the city in less than 10 days.

To learn more about the book, watch an interview with Steven Johnson on YouTube at www.youtube.com/watch?v=3P8shnNEXb4.

Whatever you're reading, remember to look for used books at garage sales, used bookstores, and online. Or, visit your library and borrow the book!

Learn more! Do more!

Holiday Survival Kit, a part of the New American Dream's Simplify the Holidays program:

www.newdream.org/holiday/

42 Ways to Trim Your Holiday Wasteline:

www.use-less-stuff.com/ULSDAY/42ways.html

Reducing Holiday Waste, tips from the U.S. Environmental Protection Agency:

www.epa.gov/epaoswer/osw/specials/funfacts/winter.htm

Waste Reduction for Holiday Waste from the Greening Schools project:

www.greeningschools.org/resources/view_cat_teacher.cfm?id=122

RecycleMania hits college campuses

After the first of the year, the competition will leave the playing fields and enter residence halls and dining facilities as colleges and universities once again take part in RecycleMania.

This competition to see which school can recycle the most is a fun way to promote recycling and waste prevention on campus. "Colleges are naturally competitive with their rivals," said Rob Gogan, Recycling and Waste Manager at Harvard University. "RecycleMania hitches the recycling and conservation bandwagon to that powerful energy."

An annual event supported by the U.S. Environmental Protection Agency's WasteWise program and the National Recycling Coalition's College and University Recycling Council, RecycleMania invites colleges and universities to compete to see which can collect the largest amount of recyclables per capita, the largest amount of total recyclables, or the least amount of trash per capita, or have the highest recycling rate for various materials. Participating schools report their results weekly, and winners are recognized in several categories.

During 2007, 201 colleges and universities in 42

states and the District of Columbia took part in RecycleMania. More than 2.2 million students and 500,000 faculty and staff members participated. By the end of the 10-week competition, the schools had collected 41,370,000 pounds of recyclables. Cal State San Marcos was Grand Champion, Lamont-Doherty Earth Observatory of Columbia University took home the Per Capita Classic, and the University of Texas at Austin won the Waste Minimization prize. Rutgers University was crowned Gorilla for collecting the largest total for recycling—a whopping 2,742,869 pounds. Four schools were recognized for collecting the most per person in a single materials category, including paper, cardboard, bottles and cans, and food service organics.

RecycleMania began in 2001 as a friendly competition between Ohio University and Miami University of Ohio. The goal of RecycleMania then and now was to raise awareness about campus recycling programs and improve participation—especially in residence and dining halls.

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Registration begins in October for the 2008 competition. For more information about RecycleMania, visit www.recyclemaniacs.org, or visit RecycleMania's MySpace page, www.myspace.com/recyclemania.



Across the country, students promote campus-wide recycling with banners, posters, collages, and art walls. This banner was created by Rice University's Student Recycling Council.

Before a Miami University football game, students decorate a truck to promote recycling.



To promote RecycleMania on campus, students at Bowdoin College in Maine dressed the part of recyclable containers.



In 2006, Americans recycled 51.9 billion aluminum beverage cans, a rate of 51.6 percent of all the beverage cans used. Although this rate has held steady for the past three years, it is far lower than it was in 1992, when the recycling rate for cans peaked at 67.9 percent. However, what it really means is that we are still trashing nearly half of all the aluminum cans used in this country.

There's really no excuse for us to be throwing away half of our cans. Aluminum beverage cans are widely accepted in recycling programs. Aluminum is a valuable recyclable—worth about four times as much as the next most valuable recyclable. Aluminum is also endlessly recyclable—your entire aluminum can will be made into a new can. What's more, it will be back on store shelves as a new can in as little as 60 days.

Aluminum recycling saves a great deal of energy. According to the Aluminum Association, throwing away a single aluminum can is like pouring out six ounces of gasoline. For every 21 cans you throw away, you are wast-

ing the equivalent of a gallon of gas. That means we could have saved the equivalent of about 2.3 billion gallons of gasoline if we had recycled the 48.9 billion cans that were thrown away last year. That's a lot of energy that went to waste!

Recycling aluminum creates far less pollution, too. Making aluminum from used cans generates about 95 percent fewer emissions than using virgin materials.

Aluminum beverage cans are easy to recycle. After you've finished enjoying your beverage, simply rinse the can with a small amount of water, turn it upside down to drip-dry, and put it into the closest recycling container. If you can't rinse the cans, don't worry. Just turn the can over and shake out the last few drops of liquid. If you're on a picnic or tailgating at a game and there is no recycling container nearby, put the cans into a bag or box in your car or van and recycle them at home.

On average, each American uses 350 cans per year. Try to capture all 350 of those for recycling!

Think before you buy

The Center for a New American Dream wants you to be a conscious consumer by thinking before you buy and evaluating your intended purchase. To help you do this, the Center has created a "wallet buddy" which holds a credit, debit, or gift card. The buddy is designed to make you stop and think as you pull out your card to buy something new.

The buddy includes several questions, such as:

- Is this something I need?
- Do I already own something that could serve the same purpose?
- Can I borrow one, find one used, or make one instead of buying new?
- Was it made with environmentally preferable materials?
- Will it serve more than one purpose?
- Can I recycle or compost it when I'm done with it?
- If I'm still not sure, can I wait a month before deciding to buy it?

These questions can help you save money and make wise buying decisions, as well as reduce the amount of waste that you must reuse, recycle, or dispose.

Download the instructions and pattern to create your own wallet buddy at www.newdream.org/walletbuddy.pdf. Remember to print the pattern for your buddy on the back side of used paper!

For more information about the Center for a New American Dream, visit www.newdream.org.

WHAT'S UP?

New trash hauler comes to town!

You may have noticed that our curbside trash is now being collected by a different company. Northside Carting responded to the town's request for proposal and was awarded a three-year contract.



It is very important to have your trash at the curb no later than 7 a.m. on the morning of your collection. As Northside Carting becomes familiar with the streets and program in North Andover, they may utilize different numbers of trucks and different routes to find out what works best on any given day. So, just because your trash never used to be collected first thing in the morning, it may be now. If you stick to the "out by 7 a.m." rule, you can't lose. If you aren't an early riser, you may set out your trash the evening before your collection. However, please don't put it out any earlier than that or the local wildlife may visit and dump your trash cans or rip your bags.

Northside Carting has been trained in our curbside collection program and local bylaws and will continue the practice of leaving behind any recyclables, such as cardboard, that were placed with your trash.

If you had your trash out by 7 a.m. and it was missed, please call either Northside Carting at 978-686-2020 or the DPW at 978-685-0950.

For more information about Northside Carting, you can visit their website at www.northsidecarting.com.

If you have any questions or concerns, please let us hear from you. Send an email to recycle@townofnorthandover.com.



We want your suggestions, questions and comments!

NASWAC

c/o Department of Public Works

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CONTENT, USING SOY INKS

Please recycle this publication after you have read it!

Tina Talks Trash!



Several good questions have dropped into our e-mail box lately.

Q: *I am new to town. What day is my trash and recycling collected?*

A: Trash is collected weekly, Monday through Friday. Recycling is collected every other week on your regular trash day. "Blue week" residents have their recycling collected on weeks shaded in blue on our recycling calendar. "White week" residents have their recycling collected on weeks that are not shaded on our recycling calendar. Check www.TownofNorthAndover.com/recycle for street listings—this will provide your trash collection day and your recycling week.

Q: *How can I get rid of a small amount of construction material from a home renovation project?*

A: Construction material can be challenging to get rid of. Whenever you are contracting to have a project done around the house, you should talk to your contractor about removing any debris and unwanted leftover materials because our contract



for trash collection specifically excludes construction/remodeling waste. For small amounts of construction/demolition (C&D) waste (3 cubic yards or less), there is a service that is fairly new to our area. The name of the company is The Bagster. They provide a soft-sided container (think BIG duffel bag) that will fit up to 3 cubic yards of material. These bags are now available at Rocky's Ace Hardware for \$29.99. When the bag is full, you call to schedule a pickup right from your curb. The collection cost is \$139, which is a lot less than a dumpster. It's simple—Buy. Fill. Gone. Check out this website for details, www.thebagster.com.



Q: *When is the next confidential document shredding event?*

A: Unfortunately, we won't be having a shredding event this fall. We recently learned that Shred-Pro was sold to Brinks and that the new owners are not interested in providing this free service. We're sorry we won't be able to host this popular event.

Please send me your questions at recycle@townofnorthandover.com.

What is NASWAC?

The North Andover Solid Waste Advisory Committee was founded in 1999 by Joan Kulash and Ed Meagher, who were co-chairs of a local group called People for the Environment. Because recycling creates less pollution than disposal while conserving resources and energy, People for the Environment felt that North Andover should form a committee to encourage citizens to use the red recycling bins rather than the gray trash cans, the contents of which headed to the incinerator. In late 1999, the first recycling committee met and was soon officially adopted by North Andover's town manager, Robert Halpin, and the Board of Selectmen.

This original recycling committee adopted the name North Andover Solid

Waste Advisory Committee, or NASWAC. The goal of NASWAC continues to be avoiding disposal whenever possible by encouraging citizens to reduce, reuse, and recycle.

NASWAC is still a volunteer-run committee that provides leadership and oversight for North Andover's waste reduction, reuse, and recycling efforts. We do everything from staffing special events to writing articles about local recycling programs. No matter what your interest or skills, there are plenty of ways for you to help. We are always looking for enthusiastic residents who care about our environment! Please consider becoming a member of the North Andover Solid Waste Advisory Committee. It is a job worth doing!

Why join NASWAC?

I deeply enjoy my work as a member of the North Andover recycling committee. I have been a member since about 2000, and I feel it is a very important part of being a citizen of this town and being a person who lives on this planet! I believe that if we are not stewards of our environment, it will be lost as a viable place in which to live. I love nature and want to have a hand in how our small space is maintained for ourselves and for future generations.

Karen Kline



I think what first motivated me to do something environmentally positive for

North Andover was when I hosted a business associate from Singapore in 1997. The visitor had never seen snow before and asked me if I would stop the car and let her actually touch it. This wasn't the newly fallen white stuff. This was early March and all that was left were isolated piles of dirt and trash-encrusted plow mounds. The closer she got to it, the less inclined she was to put a hand to it. Then she commented, with embarrassment, that our streets were quite dirty and trash laden. I couldn't disagree. Since that time, the NASWAC committee has given me an opportunity to work for a cleaner town with a more responsible sense of stewardship.

I'm quite proud of the progress made in so many areas. Ten years ago, this committee began as a group of volunteers united in the desire to promote recycling efforts. Today, the North Andover Solid Waste Advisory Committee is a recognized town board

which is regularly called upon by the Town Manager and the Board of Selectmen to research and advise them on matters relating to trash collection and disposal, recycling, and all matters "green."

Our focus remains reducing the amount of trash sent for incineration and increasing the volume of items that can be diverted and recycled for other purposes. Curbside recycling, Household Hazardous Waste Collection Days, Earth Day Cleanups, grant applications to the DEP, school recycling programs, and recycling for citizens using public spaces are just some of the areas where we are involved. The committee could use more hands and more input. Please consider serving North Andover by joining NASWAC. To volunteer, please contact Tina Klein, NASWAC Chair, or Mark Rees, Town Manager, or e-mail recycle@townofnorthandover.com.

Steve Daly, Vice-Chair

Mark your calendar!

Our next Household Hazardous Waste (HHW) Drop-Off Event will be held on Saturday, October 27 from 9 a.m. to 1 p.m. HHW includes household chemicals, lawn and garden products, and automotive fluids. Residents are allowed to drop off HHW at no charge. If you only have a small amount of material, consider consolidating it with a neighbor's to save the town money. The Town pays for the collection and proper disposal of all of the HHW received.